NAVY MEDICINE
World Class Care…Anytime, Anywhere

Healthy Force
Mission Focused

Got Resiliency?

We all have Resiliency!

- **Ability to bounce back from difficulties!**
- **Rebounding, springing back and recovering quickly!**
- **Resilience is common, ordinary and normal!**

Resiliency

- **Bouncing back is good adjustment and a great way to handle life!**
- **Good resilience is like a rubber band…**

Resiliency

- We all have the ability and capacity to adapt and bounce back!
- Can cope & move on successfully!
- Resiliency ls to good outc

Coach Vince Lombardi

It is not whether you get knocked down.
It's whether you get up again…

Secrets of Resilient Persons

- **Having friends, & family for support**
- **Taking responsibility**
- **Using positive & empowering attitudes!**
- **Bouncing back, moving ahead and forward!**

Roads to Resiliency

- **Lots of pathways to resilience!**
- **Need multiple positive ways to cope with setbacks, disappointments & difficulties**
- **Self-Confidence helps to handle it!**
- **Rebound every day!**

Positive Orientation

- **Cope with hard times through laughter, humor and fun!!**
- **Focus upon positives such as gratitude, blessings, delights, interests, and love**
- **Make time to play & have fun!**
- **Increase contacts & support from important people in their life**

Take Responsibility

- **Accept & understand the part that you play in the situation**
- **Create new alternatives**
- **Take steps to recover and spring back!**
- **Lower expectations**

Babe Ruth

Never let the fear of striking out get in your way!

Positive Perspective

- View situation in ways that promote potential, hope and optimism
- Do not focus upon negative, confusion & uncertainty
- See and reframe as positive experience
- View any setbacks and disappointments as temporary & short term…
- See change as positive and part of the process

Self Enhancement

- **A very positive view of oneself!**
- **This approach can be helpful, adaptive and promote well-being!**

I can do it!

Move Ahead

- **Challenge is to focus on future rather than dwell on past**
- **May become preoccupied and stuck with past and unable to move on…**
- **Learn from what gone through…**
- **Look ahead & plan for the next steps**

Quote

Spread your wings and soar high!

Prepare for the winds, bad weather & unexpected…

Be ready to stop, rest, regroup..

And to fly again!

Dead End

- **Avoid unpleasant memories, thoughts and feelings**
- **Repress negative feelings**
- **Negatives tend to keep you stuck and make it difficult to rebound…**

Building Resiliency Muscles

- **Regularly work out and stretch bouncing back & rebounding muscles**
- **Start, stop and shift gears**
- **Practice letting go & coping with surprises and the unexpected**
- **Practice rebounding until it becomes easy, natural and habitual**

More Resiliency Strategies

Take good care of yourself!

- **Manage your levels of stress**
- **Eat well and get enough rest & exercise**
- **Take breaks & use relaxing muscles**
- **Rebound every day!**

Resiliency

- All of us can get up, spring back and rebound!
- Resilience is a skill that we can build and improve!
- Lots of ways to cope with and bounce back from difficulties & setbacks!

U.S. Marine Corps

Improvise, adapt and overcome!